



Connecting

Creating A New Mental Health Service Delivery System for Our City

Mental Health Month

Opening Ceremony Shines on Local Talent

**MENTAL
HEALTH
MATTERS**
*in your
life*

By the time Marilyn Egerton, Deputy Director Foster and Adoptive Parent Advocacy Center, finished singing "What About the Children," there was not a dry eye in Covenant Baptist Church during

the Mental Health Month Opening Ceremony.

Ms. Egerton's heart warming rendition was dedicated to opening ceremony emcee Channel 4 Morning Host Barbara Harrison for her work with Wednesday's Child, a NBC 4 program that promotes adoption. The icing on the cake was when Rodney Brown, a Wednesday's Child, presented Ms. Harrison with the 1st Annual DC CINGS "Service to Children" Award. Truly a memorable occasion.

Evelyn Lyles, DMH Rehabilitation Specialist, Patrice Landon from the Duke Ellington School of the Arts and Melanee Harvey, Georgetown Visitation School, also shared their talent during the first annual program.

Safe Passages/DC CINGS (Children Inspired Now Gain Strength) sponsored the ceremony to honor the individuals and agencies that help children.

The award recipients are as follows:

Moses McAllister, Director's Award
Senora Simpson, Director's Award

Awards were also given to the DC CINGS Signatory Partners.

- Office of the Mayor
- Family Advocacy & Support Association, Inc. (FASA)
- University Legal Services
- DC Public Schools
- Department of Human Services
- Child and Family Services Agency
- Department of Health
- DC Superior Court
- Mental Retardation and Developmental Disabilities Administration
- Addiction Prevention and Recovery Administration
- Mental Health Planning Council
- Youth Services Administration
- Department of Mental Health

Mental Health Month

It's Not Too Late to Celebrate

"Victory, Hope and Unlimited Possibilities" Awards Dinner and Ceremony, Thursday, May 20, 5:45 p.m. – 7:30 p.m.; Washington Navy Yard—Contact: John Graham, 202-671-4013

Ward 7 Walk-a-Thon Family Event, May 22, 11 a.m. – 3 p.m., Deanwood Metro Station to the IDEA Public Charter School, 1027 45th Street, NE—Contact: 202-671-4155

Director's Note: Thank you to the May is Mental Health Month planning committee for making 2004 such an awesome success.

Martha B. Knisley, DMH Director

Message from the Director

FY 2005 Budget – The glass is two-thirds full after the Council voted May 14, 2004 to provide most of the Mayor's budget request for DMH. The original request of \$165 million in local funds included \$37.2 million to fully bridge the gap between the actual cost of service delivery and funds available to pay for these services. The Council approved \$153 million and placed \$11 million in a pay-go contingency fund. We did sustain a \$2.7 million cut from energy and security.

We have accomplished so much since 2001 and the Council's vote recognizes these accomplishments while challenging us to perform at an even higher level. Every DMH employee performs miracles everyday. I'm confident we will more than meet the challenge.

Reorganizing the Mental Health Authority – As we mature as a Department, change is necessary to meet our obligations. We are reorganizing the Mental Health Authority to improve our program development and planning and analysis capacity. This will be accomplished by consolidating functions within the Office of Program and Planning, which is the end product of integrating Delivery Systems Management and Organizational Development.

Continued on page 3

Saint Elizabeths Hospital: A Long & Proud History Slightly Revised Plans Improves New Hospital Structure



Director Martha Knisley recently appeared before the State Health Planning Development Agency for the Certificate of Need (CON) public hearing for the new structure at the Saint Elizabeths Hospital.

During her testimony, Ms. Knisley said that the new facility is part of the department's effort to create better mental health services for residents.

"The new hospital will be built for people in recovery and rehabilitation."

Ms. Knisley explained that the building will enhance the mental, physical and social health of patients. All the units will be single or double rooms, which is very different from the dormitory style accommodations currently at the hospital.

In addition, there will be a private secure yard with restricted access on the first floor and on the second floor easier access to the outside. These features are significant to the SEH multidisciplinary system of treatment that emphasizes recovery.

Also presented during the CON hearing were the new architectural drawings of the revision for the building project. The revision

includes the change of two units from a one-story structure to a two-story structure. This change was incorporated to allow for more space between the residential structures and the tower and navy building. The number of beds will remain at approximately 300. Three other buildings close to the new building are also being renovated for additional service capacity.

Also, a new state-of-the-art architectural technique will be incorporated into the mechanical building. This building will have a "green roof" with 20,000 square feet of grass and soil on the top of the structure. The green roof is environmentally safe, saves energy and reduces drainage.

Ms. Knisley said that she believes the new structure can withstand the test of time and last 100-150 years.

DMH SEH Community Outreach
June 2—ANC 8C Meeting
June 24—ANC 8D Meeting

For more information call Gina Douglas at 202-673-2200.

Curfew-n-Courts, Second Chapter

About 40 young people out after curfew participated in the second Curfew-n-Courts session at Kennedy Recreation Center. An APRA counselor led a discussion about drugs and self esteem. City Administrator Robert Bobb and Neighborhood Services Director Patrick Canavan attended.

To participate in the June session by leading a motivational session, call **Michele May** at 202-698-5263.

What's Up DMH?

Gina Douglas, Public Affairs, shared DMH information with residents in Advisory Neighborhood Commissions 4A and 5B. Ms. Douglas also connected with students at Moten Elementary School in Ward 8.

Jocelyn Ekpo, Provider Relations, joined members of her Ward 1 Core Team at Park View Elementary School.

Jendayo Grady, Ph.D., DC CINGS, was a panelist at the Vision DC National Minority Health Month Ministry Council Luncheon.

John Graham, CSA, represented DMH during the Walker Jones Health Fair sponsored by the Ward 2 Neighborhood Services Core Team.

Linda Kaufmann, DMH Neighborhood Core Team Leader, gave a presentation on the emergency resources in the Ballou High School community. Ms. Kaufmann also discussed her career with students at Raymond Elementary School in Ward 4.

Martha Knisley, Director, provided residents in Advisory Neighborhood Commission 8E with an update on the new building project at St. Elizabeths Hospital.

Eva Ramsey, Ph.D., School Mental Health, represented DMH at the health fair at the Community Academy Public Charter School in Ward 4.

Victoria TenEyck, CSA, shared information at a Wilson High School Health Fair in Ward 3.

Monica Woodard, School Mental Health, held a depression workshop for adults in the Miner Elementary School community in Ward 6.



CSA Spring Road Office to Enhance Curb Appeal in Honor of Consumer Care

A flower planting ceremony to honor the care and treatment of people with mental illness is planned for Friday, May 21 at 10:00 am at the North Community Mental Health Center, 1125 Spring Road, NW.



This project will enhance curb appeal and is made possible thanks to a donation of plants, tools, soil, and containers by AstraZeneca Pharmaceuticals.

Consumers, staff and community leaders

will join a AstraZeneca representative during the planting ceremony.

In addition to the new planting, current flowerbeds will be renewed with fresh soil and plants. Refreshments will be served. For more information, contact Marlene Graham at 202-671-4174.

Subsidized Housing Options for Consumers is Top Priority

Developing partnerships with housing organizations and agencies in the District of Columbia is the mission of Edith Makenta, Director of Housing for the Department of Mental Health. Over the past three years, her efforts have resulted in approximately 900 mental health consumers being placed in subsidized housing throughout the city.

Ms. Makenta's housing mission is a critical element to consumers' recovery. When asked, most consumers cite housing as the most important aspect to their recovery.

"Across the country, best practices in housing have proven that consumers with even the most severe mental illnesses can live successfully in the community with

flexible service and supports," Ms. Makenta said.

With this fact in mind, DMH is aggressively seeking new housing as well as housing service arrangements. Ms. Makenta admits its an ongoing challenge.

In fact, daunting statistics for Washington, DC make her mission almost impossible. According to the National Low Income Housing Coalition Report, "Out of Reach 2003", the District of Columbia is one of the most unaffordable jurisdictions in the nation...for people with an extremely low income. Ms. Makenta said for a majority of consumers this means there is almost no affordable housing unless it is subsidized.

Continued on page 4

Consumers and DMH Unite to Strengthen Work Opportunities

The new mental health system is working as it should and consumers are empowered to voice their opinions. Now, DMH and consumers are working together to make work opportunities -- not just through supported employment -- available to anyone interested in having a job.

Frances Priester, Director of the Office of Consumer and Family Affairs, her staff and the consumer employment specialists are working together on criteria and guidelines for work programs that reflect the range of consumers' needs.

DMH Director Martha B. Knisley approved funding through September 30, 2004 to continue the Work Adjustment Training Program. At the same time, Ms. Knisley reiterated DMH's commitment for Supported Employment and a strong Peer Specialist Program. "We are making a major investment to help consumers become employed, we have made Supported Employment a performance target for ending the longstanding Dixon lawsuit.

Continued on page 4

Continued from page 1

Director's Message

Effective June 1, the Division of Human Resources and the Facilities Planning Office will be transferred to OPP to allow planning for programs and facilities to occur in the same place.

DHR will be a fully realized planning and enhancement organization, rather than a personnel office.

The following units will make up OPP: Child and Youth Services Division; Care Coordination; DMH Training Institute; Housing Development; Block Grant; Grants Development; Housing First; Homeless Outreach; and Provider Relations.

Martha B. Knisley, Director

Continued from page 3

Mission to Move Consumers from Homelessness to Homes

The majority of DMH consumers receive a monthly Social Security Income benefit of only \$565. The fair market rent for a one-bedroom apartment is over \$1,039. DMH needs housing that will cost consumers no more than 30% of their income. For most consumers, a long-term subsidy is required.

Fortunately, said Ms. Makenta, DMH has both capital (bricks & mortar) and housing subsidies that can be leveraged with our partners. There are several partnership strategies – some already in place and others that soon will produce additional resources:

- DMH has designated a non-profit housing intermediary, Cornerstone, to leverage DMH capital funds to construct, renovate and rehabilitate housing that is affordable. Cornerstone is a non-profit housing intermediary that was selected through a competitive grant process.
- DC Housing Authority - A Memorandum of Understanding is being finalized to help increase the number of housing subsidies. DMH will utilize Annual Contribution Contracts (ACCs). DCHA also is in the process of signing contracts with five agencies that were awarded project-based housing subsidies for 103 new housing units for consumers and utilize its subsidiary construction company to provide low-cost construction services.
- DC Housing Finance Agency - A Memorandum of Understanding will be finalized to include a \$10 million set aside for issuing bonds backed by loans from DMH developers. Set aside a minimum of 10% of all units developed for mental health consumers; provide incentives to developers by awarding extra points to applicants who agree to set aside 10% of units for DMH.
- American Communities Fund - Fannie Mae Foundation - has agreed to match the DMH capital with loan funds, provide below-cost financing and credit enhancements.

Now, more than ever before subsidized housing for mental health consumers is available. Currently, there are approximately 230 housing vacancies.



Edith Makenta at housing conference

Youth Gang Culture Training

In “Go-Go” music it is typical for the bands to call out the names of neighborhoods of the city encouraging dancers to respond. On the surface this is an innocent activity for many African-American and Latino teenagers. For members of gangs, this exchange is interpreted as offensive and disrespectful to the home neighborhood. As a result, tempers flare and a friendly gathering can turn dangerous very quickly.



Continued on page 5

Continued from page 3

Consumers Speak Out

We will take every step necessary to make that a reality. We are pleased consumers are leading the way to make this happen.”

It is anticipated that development of a new WATP will take 60 to 90 days; however when approved, new applications will be accepted in collaboration with the treatment team.

Ms. Priester said that the effort to save the WATP program is as much about empowerment as it is about jobs. “Consumers initiated the project and followed it through [to a resolution].” A NAMI advocate acknowledged that this activity was a milestone event for consumers.

For more information contact Ms. Priester at 202-673-4377 or the Director, CSA Supported Employment at 202-576-8683 or the Director of Consumer Affairs at 202-744-6016.

Continued from page 4

Gang Violence Awareness

These are some of the lessons that **Orin Howard, LICSW, School Mental Health Program Clinician**, teaches during the Culture of Gang Violence class.

Mr. Howard said that the relationship between “Go-Go” music and gangs is so serious that the Metropolitan Police Department has identified four bands that have a tendency to incite violence. Mr. Howard wants the community to know that not all “Go-Go” music is stimulates a negative environment. It is, however, one of the factors that influences gang culture.

“There are a million different reasons why kids join gangs,” Mr. Howard said.

Understanding what leads a child to join a gang is part of the answer to keeping young people away from the gang, he said. Parents and other adults who may recognize that something is missing in a child’s life can get help from community resources. Individual and family therapy can be the positive intervention that keeps youth away from gangs.

Mr. Howard said that it is important for parents, adults, school and community leaders to pay attention to the children and youth in their community. The following risk factors should trigger positive action:

- Graffiti
- Loitering
- Drug Activity
- Gang Symbols
- Dress Alike
- Violence

To learn more about gang culture, join Mr. Howard on June 8, 2004 at the Psychiatric Center Chartered, 3001 Bladensburg Road, NE. Contact **Dr. Juan Lovelace** at 202-673-7759 or juan.lovelace@dc.gov.

School Success Story

MENTAL HEALTH MATTERS in your life

A student was selling services for repeated of-inappropriate havior.

Upon receiving school mental contacted the his maternal aunt, with since infancy. The aunt expressed anger and frustration at having received numerous complaints about her nephew’s behavior. She reported that he was under psychiatric care and taking medication.

The clinician informed the aunt of services provided by the School Mental Health Program. These services include case management, behavior management techniques, problem solving skills and family sessions to enhance the student’s ability to achieve successful learning. The aunt agreed to the services.

The clinician first met with the student once a week. The young man expressed a strong desire to improve his behavior and make good choices so he would not get in trouble in class. He was receptive to services and attended individual sessions regularly. The clinician facilitated family sessions, as needed, to assist the aunt with identifying the student’s strengths. The clinician communicated with the student’s psychiatrist and collaborated with the Safe Families Social Workers and his teacher to assure that this the student’s needs were met and goals achieved. The clinician visited the student’s classroom to observe behaviors and used those observations to develop the treatment plan.

The student’s medication was re-evaluated and he was placed on a higher dosage. He began to report that he felt better about himself and felt he had improved his self-control. Additionally, the student reported that his teacher, principal and family all have noticed the positive changes in him. The student stated that it felt good to have adults trust him. The principal reported that the student’s office referrals decreased and viewed him as successful turn-around. The teacher reported that the student was less disruptive in class and believed he had changed for the better. The aunt said that she does not receive calls from the school regarding her nephew’s inappropriate behavior. The student is proud of his academic achievements and plans to attend college after graduation.

referred to coun- by the principal fice referrals for classroom be-

the referral, the health clinician child’s guardian, whom he has lived with

Mayor Williams Headlines Events

DC CELEBRATES “MAY IS MENTAL HEALTH MONTH”

Mayor Williams will lead the May 22 Ward 7 Walk-a-Thon, starting at the Deanwood Metro Station at 11 a.m. and ending at the Mental Health Awareness Fair at IDEA Public Charter School at 1027-45th Street, N.E. Community residents along the route will be given bags with information about that fair and mental health services. Various agencies will have information tables, and there will be a "moonbounce" for the kids, face painting, a gospel go-go band and hotdogs, chips, popcorn, drinks and cotton candy.

“For our children to thrive and become productive adults, we must invest in them now,” said Mayor Williams. “That means all District government agencies serving children must be full partners in the Safe Passages program to improve child and youth well-being. We are making available an array of mental health services to help develop their resilience to meet life’s challenges.”

The DMH Mental Health Month Planning Committee

Wilma Harvey, DC CINGS, Chairperson
Kieva Bankins, DC CINGS
T. Furaha Raufu Bey, DC CINGS
Jewel Braxton, Office of Program & Planning
William Marty Clark- Advocates for Justice in Education
Harriet Crawley, DC CINGS
Gina Douglas, Office of Public Affairs
Rosa Hamlett, DC CINGS Family Member
Rose Neverndon, DC CINGS Family Liaison
Frances Priestler, Office of Consumer and Family Affairs
Inez Scope, DC CINGS Family Advocate
Joyce White, DC CINGS

“Break Free” Empowerment Workshops

Teenagers talked about how to deal with anger. Walking away, drawing and writing were the recommendation of these youth. Also, they discussed making positive choices.

This mental health month community event attracted both the young and the young at heart. The workshops, coordinated by **Joyce White, DC CINGS, Training Coordinator**, provided information on how to help yourself and where to get help. The children wrote a rap song about mental health. Their lyrics included words like crazy, friends getting killed, anger, guns, and violence.

Adult participants learned about mental health community services. Also, they discussed depression and shared positive parenting tips.

Mental Health Month

Youth Anticipating Change vs. DMH Staff



The highly spirited basketball game at Kennedy Recreation Center was won by DC CINGS Youth Anticipating Change (59-51), but the DMH team gave it everything they had.

In fact, team captain, **Winford Dearing**, suffered a major knee injury and is sidelined until the knee is repaired. So salute these colleagues who played to win: **Irvin Dallas; Win Dearing; J.P. Ellison; Orin Howard; Martha Knisley; Dave Norman; Steve Sage; Lance Booker and Howard Mabry** (an honorary DMH employee).



- **June 2**—ANC 8C Meeting. **Contact Gina Douglas at 673-1931.**
- **June 4**—Stanton Elementary School Health Fair. **Contact Gina Douglas at 673-1931.**
- **June 10**—ANC 7C Meeting. **Contact Gina Douglas at 673-1931.**
- **June 12**—“How Do You Build A Successful System of Care Out of Chaos For DC’s Children and Their Families?” FASA Conference. **Contact Phyllis Morgan or Tracy Spivey 202-526-5436**
- **June 17**—Ward 1 Core Team Job Fair. **Contact Jocelyn Ekpo 202-671-3157.**
- **June 24**—ANC 8D Meeting. **Contact Gina Douglas at 673-1931.**
- **June 30**—ANC 5A Meeting. **Contact Gina Douglas at 673-1931.**